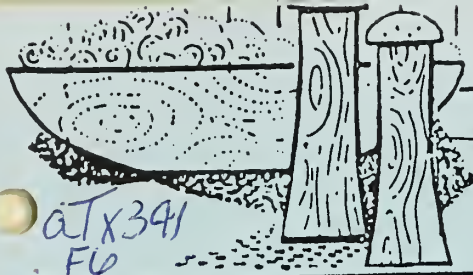


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Food and Home Notes

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SPECIAL

ISSUE:

HOUSING



A chuck arm of beef can be identified by the round arm bone. It makes an excellent pot roast and is also sold as steak in some stores. It should be braised or used as Swiss steak, according to USDA home economists.

* * *

A ribeye roast is the meaty, boneless heart of the beef standing rib roast. It has an excellent flavor and is superbly tender in the higher grades.

* * *

Beef shanks are generally sold cut-up for stew meat or ground.

* * *

A shoulder roast--sometimes called a shoulder clod--is a boneless meaty beef roast from the outside of the chuck. It has a well-developed flavor and no bone.

* * *

A rib roast is unexcelled for tenderness and flavor. It is easy to prepare, carve and serve. It may be sold bone-in or boneless. If the bone is in it is called a standing rib roast.

ON HOME BUILDING

----AND REMODELING

If you're building a house -- or remodeling -- you should start first "on paper", according to U.S. Department of Agriculture engineers, who say you can avoid costly mistakes in the building and in the purchase of materials by careful planning and proper design.

Some of the principles of economical design.....for new or old structures include:

* A basic two-story house costs less per square foot to build than single story ones because less roof area is required. And, of course, there are many other advantages.

* Rectangular floor plans cost less per square foot to build than L shaped, U shaped, or other irregular floor plans.

* Simple gable roofs are the most economical. Flat and shed roofs are cheaper but offer poor drainage and high maintenance costs.

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USDA 3341-77

ON HOUSING — AND SOLAR HEAT

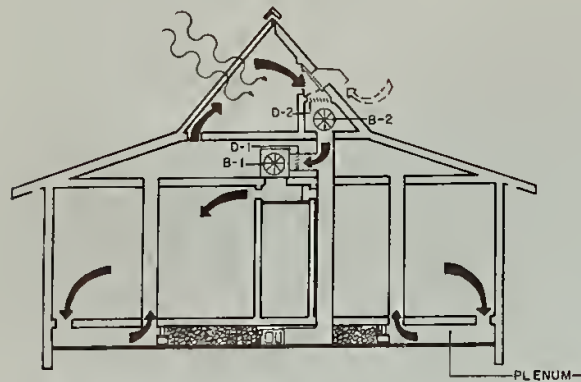
A solar heating system, for use in a medium-priced, 3 bedroom family dwelling, can be simple in design, efficient, economical....and affordable, according to U.S. Department of Agriculture architect Harold F. Zornig. Five prototypes using the solar system have been constructed in South Carolina. The buildings are being monitored and evaluated constantly and the determination, thus far, is that the plans are not only practical but very useful, and may be adapted to any area of the country.

Estimates on heating the solar attic house (as pictured) in Greenville, S.C. run about 6.7 cents per kilowatt hour. This includes the average heat load, the \$2,635 initial cost, 20 year amortization at 8½ percent, and a 2 percent operation, maintenance and repair cost. However----if you consider only the operating cost it would only be about \$7 per month for electricity to run the fan.

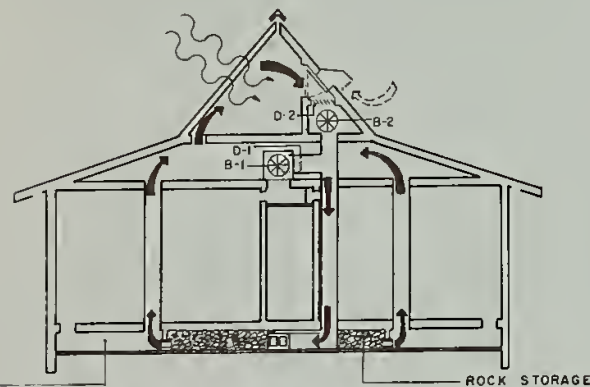
This heating system has been designed to lower the operating costs of rural housing with a low-cost, low-maintenance heating system using solar radiation as the energy source. Most solar collector systems are considered efficient if they collect as much as 50 percent of the available energy. The limited tests on this project show solar energy available (during clear days in January in South Carolina) collecting 59 percent of the available energy.

In this house (with a heat-collecting attic) a 12 inch layer of crushed rock beneath the house serves as the heat storage tank. The house is conventional, otherwise. And--in addition to heating the house in the winter--the system may also be used to cool the house in the summer by blowing cool air through the rock storage tank at night and across the night-cooled rocks during the day. The basic prototype design should be practical in most locations (nationally) without modification.

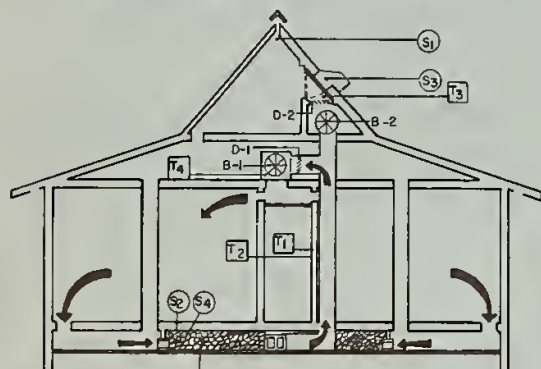
Scientists at USDA's Agricultural Research Service Rural Housing Research Unit are currently working on plans that will reduce both the overall cost and the monthly operating cost. Some modifications--use of a small fan motor, for instance, and some other innovations may cut the cost to the point that it could be operated for \$100 a year.



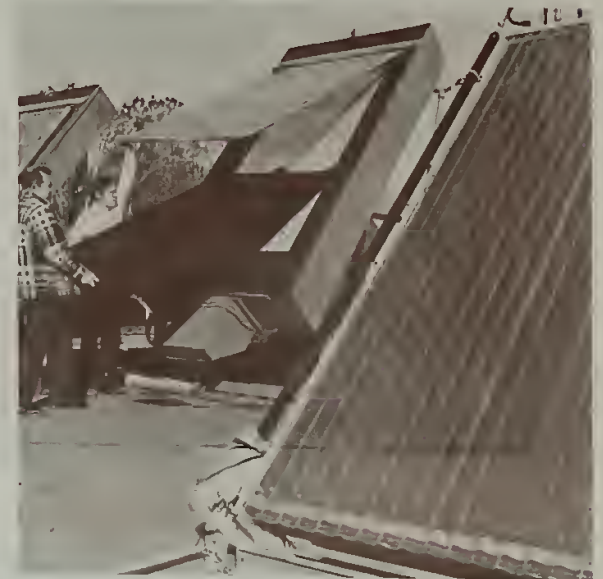
HEATING- ATTIC TO HOUSE
COOLING- OUTSIDE AIR TO HOUSE (OPTIONAL)



HEATING- ATTIC TO STORAGE
COOLING- OUTSIDE AIR TO STORAGE (OPTIONAL)



HEATING- STORAGE TO HOUSE/CONVENTIONAL FORCED
AIR HEATING
COOLING- STORAGE TO HOUSE/CONVENTIONAL FORCED
AIR COOLING



HOME BUILDING (CON'T.)

* Slab on grade construction is cheaper than crawl-space construction. However, crawl space may be used for utilities equipment such as pumps, furnaces, air conditioners, water tanks, and piping which will give free valuable space in the living area.

* Large porches are an expensive feature because they provide usable living space only during the warmer months of the year.

SPECIAL: ON HOUSING

Single copies now available free: (While supply lasts!) Write to:
Publications Division, Room 506-A, U.S. Department of Agriculture, Washington,
D.C. 20250.

Construction:

- "Building with Adobe and Stabilized-Earth Blocks," Agricultural Research Service, Leaflet #535.
- "Construction with Surface Bonding," Agricultural Research Service, Information Bulletin #374.
- "Fireplaces and Chimneys," Agricultural Research Service, Farmer's Bulletin #1889.
- "Fire Resistant Construction of the Home...of Farm Buildings," Agricultural Research Service, Farmer's Bulletin #2227.
- "House Construction:How to Reduce Costs," Agricultural Research Service, H & G Bulletin #168.
- "Roofing Farm Buildings," Agricultural Research Service, Farmer's Bulletin #2170.
- "Use of Concrete on the Farm," Agricultural Research Service, Farmer's Bulletin #2203.
- "Wood Siding:Installing, Finishing, Maintaining," Agricultural Research Service, H & G Bulletin #203.

Renovation:

- "Renovate an Old House?," Forest Service, H & G Bulletin #212.

Utilities:

- "Home Heating":Systems, Fuels, Controls", Agricultural Research Service, Farmer's Bulletin #2235.
- "Plumbing for the Home and Farmstead," Agricultural Research Service, Farmer's Bulletin #2213.
- "Simple Plumbing Repairs...for the Home & Farmstead," Agricultural Research Service, Farmer's Bulletin #2202.

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